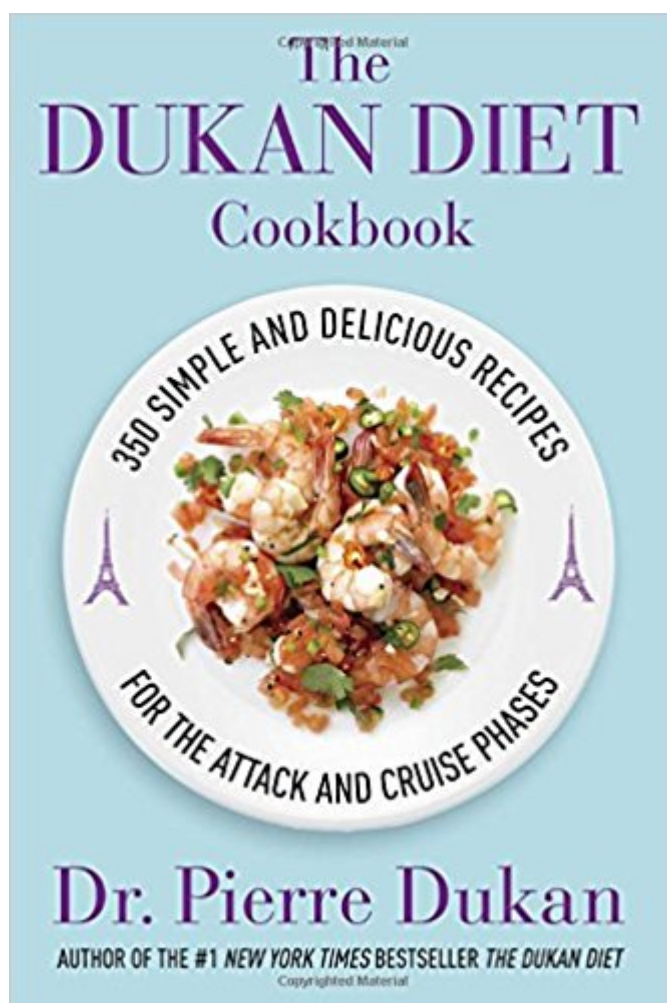


The book was found

The Dukan Diet Cookbook: The Essential Companion To The Dukan Diet



Synopsis

As millions of Dukan Dieters around the world know, delicious food and permanent weight loss can go hand in hand.Â Now comes the Dukan Diet Cookbookâ ”already an international bestsellerâ ” the must-have resource for making the Dukan Diet successful and delicious. Introduced in the phenomenal bestseller The Dukan Diet, Dr. Dukanâ s four-step plan rejects counting calories and instead harnesses the power of pure protein, empowering you to achieve your â œTrue Weightâ • and keep the pounds off forever.Â The Dukan Diet Cookbook is filled with over 350 simple, French-inspired recipes for the two most challenging phases of the dietâ ”the protein-only Attack phase and the protein-and-vegetable Cruise phase.Â From Crispy Chicken Wings and Ham SoufflÃ© to Turkey Meatballs with Rosemary and Mint, Mussels ProvenÃ§al and Curried Turnip Soup to Flourless Chocolate Cake and a scrumptious Vanilla Cookieâ ”plus all-new recipes for Shirataki noodlesâ ”the recipes in this book prove you donâ t have to sacrifice great taste and satisfaction in order to lose weight. Illustrated with sixteen pages of delectable color photographs, The Dukan Diet Cookbook is the essential companion to the Dukan Diet.

Book Information

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Customer Reviews

DR. PIERRE DUKAN is a French medical doctor with over 35 years of experience in clinical nutrition. While he began his medical career specializing in neurology, Dr. Dukan discovered and refined his successful weight loss formula while working with his patients. Since then he has spent his career helping people lose weight.

I faithfully followed this book and was able to lose over 40 pounds and I felt great, healthy and happy. Really truly works if you put in the effort. I'm now eating a lot more fruits and vegetables and less meat. Trying to cut meat out of my diet all together. We will see how that goes. Good luck and I highly recommend this book.

Some of the recipes seems like Dukan just wants to use up some of the ingredients that the diet supports. For example, there are several recipes that utilize the non-fat dairy yogurt, and where it seems like it should have just been left out! Some of the recipes I have to wonder if they were really tested them before adding them to the book!

Great recipes. The one improvement I would make is adding a detailed index by ingredient and a table of contents listing the names of all the recipes. Otherwise, a really good starting point for helping us figure out how to eat.

This cookbook is a good companion to the Dukan diet as it is difficult to come up with new ways to make meals that are diet-friendly. The only thing I would say is a drawback is that some of the recipes are very similar to one another. It requires a little bit of added creativity to mix things up.

This is all you need, I bought the program book too, but this has it in it along with some really great recipes the whole family will enjoy!

Still cooking and finding good recipes for the Dukan Diet. Great transaction.

I like cooking books but I would have preferred if it had more pictures of the recipes. don't know if I will use it much, but I will give it a try.

It really really really works.

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